



WHAT IS CLAIMED IS:

1. The use of fitness ingredients such as Garcinia cambogia (Super CitriMax HCA), chromium polynicotinate (ChromeMate) or chromium picolate in fitness bottled water that suppresses the appetite, reduces the production of fat metabolism and sensitizes the "glucostat" in the brain that monitors blood sugar availability. Provides overall physical fitness and replenishes body fluids and salts (Calcium & Potassium) lost due to vigorous physical exertion and stress.

2. The use of energy ingredients, such as L-carnitine, D-ribose, Co-enzyme Q10, Taurine, and adenosine triphosphate in bottled water as an individual energy ingredient or combination of two or more ingredients, when ingested that increases in physical energy level, substantial increases in cardiovascular fitness and exercise tolerance, substantial reduction in recovery time following strenuous exercise or heavy labor, and also increases exercise performance and endurance.

3. The use of L-Aspartic acid in beverages and bottled water that lowers the pH below 4.6 without altering the taste of beverages or bottled water for hot-fill processing.

4. The fitness water of claim 1 contains the following ingredients:

Garcinia cambogia (Super CitriMax (HCA)	700mg/liter
Chromium Polynicotinate (ChromeMate)	100mcg/liter
Calcium	70mg/liter
Potassium	100mg/liter
Magnesium	12mg/liter
Zinc	1.25mg/liter
Selenium	15mg/liter
Vitamin B6	0.7mg/liter
Vitamin B12	2.12mcg/liter
Folic Acid	140mcg/liter
Vitamin C	4.25mg/liter
Natural aroma	150mg/liter

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The fitness water has a pH of 5.8 or it could be lowered to 4.4 using L-Aspartic acid for hot fill processing. The non-nutritive sweetener or nutritive sweetener could be used in combination with fruit flavors to make the fitness water more drinkable.

The energy fitness water of claim 2 contains number of energy ingredients that are used as an individual energy ingredient or used in combination with two or more ingredients. The energy ingredients are used with fitness ingredients, minerals, and vitamins with or without flavor at pH level from 3.5 – 5.8 with or without acids and flavor.

L-carnitine	250 - 500mg/liter
D-ribose	250 - 500mg/liter
Coenzyme Q10	10 - 25mg/liter
Adenosine Triphosphate (ATP)	25 - 50mg/liter
Taurine	250 - 1500mg/liter